

## KALIUM GROUP

The Kaliums have quite a lot in common:-

WEAKNESS, ALTERNATING SYMPTOMS,  
HAGGARD OR ANXIOUS LOOKING FACIAL  
EXPRESSIONS, CATARRHS, BACKACHES, OEDEMA,  
DELUSIONS ABOUT BODY, < EARLY HOURS, < ON  
WAKING, > OPEN AIR, > MOVING SLOWLY, ASTHMA,  
EPILEPSY, BULIMIA and ANOREXIA.

They can be hungry but food usually aggravates. They are nearly all controlled and conservative in their behaviour and outlook. There is a certain rigidity.

HOT KALIUMS = ACETICUM; BROMATUM; IODATUM;  
NITRICUM; PERMANGANICUM; SULPHURATUM;  
SULPHURICUM.

COLD KALIUMS = ARSENICOSUM; BICHROMICUM;  
CARBONICUM; CHLORICUM; CYANATUM;  
FERROCYANTUM; MURIATICUM; OXALICUM;  
PHOSPHORICUM; SILICATA;

TIME MODALITIES =

ACETICUM = < morning and 4pm

ARSENICOSUM = < morning, 1-3 am

BICHROMICUM = < 2-3 am

BROMATUM = < 2 am

CARBONICUM = < 2-3 am

CHLORICUM = < daytime generally, < evening in bed  
CHLOROSUM = hard to find any  
CITRICUM = hard to find any (not been proved???)  
CYANATUM = < 4am-4pm  
FERROCYANATUM = < on rising  
IODATUM = < night, < 5 am  
MURIATICUM = < morning  
NITRICUM = < 3 am, < towards evening  
OXALICUM = hard to find any  
PERMANGANICUM = hard to find any  
PHOSPHORICUM = < night  
PICRICUM = hard to find any  
SILICATA = hard to find any  
SULPHURATUM = hard to find any  
SULPHURICUM = < evening  
TARTARICUM = hard to find any  
TELLURIUM = hard to find any

### OTHER MODALITIES =

ACETICUM = ?  
ARSENICOSUM = < warmth, < every other day & every third day, > loud belching  
BICHROMICUM = > open air (not gastric, > cold weather (itch), > motion, < touch  
BROMATUM = < heat, < stooping, < lying down  
CARBONICUM = < rest, < lying on affected part, < touch > pressure, > day, >heat  
CHLORICUM = > nose bleeds, > sneezing  
CHLOROSUM = ?  
CITRICUM = ?  
CYANATUM = < after meals, > motion

FERROCYANATUM = < touch, < motion, > rest

IODATUM = < seaside, < walking, < touch, < sleep, < cold milk, > open air

MURIATICUM = < warm

NITRICUM = < walking, < cold, > gentle motion

OXALICUM = ?

PERMANGANICUM = ?

PHOSPHORICUM = < worry, < eating, > sleep, > leaning on something

PICRICUM = ?

SILICATA = < open air, < cold, < drafts, < exertion, < motion, < bathing, < uncovering

SULPHURICUM = < warm, > open air > hot water

TARTARICUM = ?

TELLURIUM = ?

All the different Kaliums have affinities with various organs and body parts and are thus indicated in corresponding pathology (of course, only when the whole symptom picture fits).

ACETICUM = diabetes, diarrhoea, haemorrhoids

ARSENICOSUM = brights disease, cancers, skins (herpes zoster, measles, psoriasis), eyes, neuralgias, varicose veins

BICHROMICUM = bronchitis, catarrh and sinus, duodenum ulcers, neuralgias, rheumatics, asthma, epilepsy, fibrosis, kidneys, migraines

BROMATUM = acne, diabetes, nightmares, ovaries, infertility, paralysis, somnambulism, speech, nerves, epilepsy, kidneys

CARBONICUM = asthma, backache, hair, perspiration, liver, cancers, uterus, whooping cough, arthritis, haemorrhoids, kidneys, liver, oedema

CHLORICUM = aphthae, cystitis, nephritis, haemorrhages, ulcers, conjunctivitis, violent sx, convulsions

CHLOROSUM = asthma, coryza, general sensitivities, larynx

CITRICUM = brights disease, gouty joints, mucous diarrhoea

CYANATUM = asthma, cancers, cheyne-stokes breathing, epilepsy, rheumatics

FERROCYANATUM = dysmenorrhea, menorrhagia, rheumatics

IODATUM = asthma, sciatica, aneurism, brights disease, cancers, eyes, joints, liver, pancreas, prostate, thyroid

MURIATICUM = ears, eyes, heart, joints, glands, vaccination, gastric, epilepsy

NITRICUM = asthma, chest pains, diabetes, dysmenorrhea, menorrhagia, rheumatics, nose

OXALICUM = convulsions, cramps, eyes

PERMANGANICUM = coughs, gastritis, throats, nose

PHOSPHORICUM = menses, nerves, headaches

PICRICUM = jaundice

SULPHURATUM = gastric

SULPHURICUM = asthma, catarrh, skins, rheumatics, whooping cough, gonorrhea,

TARTARICUM = paraplegia

TELLURIUM = salivation, breath

A BRIEF RUN DOWN ON EACH KALIUM including some prominent and/or unusual symptoms.

ACETICUM = diuretic, oedema, headache 4 pm, constant umbilical pain until going to bed = suddenly disappears, increased urine and perspiration.

ARSENICOSUM = potassium arsenite = fowler's solution = arsenious acid + carbonate of potash + tincture of lavender. Head feels large (compare Kali. carb = delusion neck too large), tongue feels large, quarrelsome and discontented, nervous depression, startled look on face, intense thirst, constant pain and nausea after food, violent diarrhoea, sensation as if red hot iron in anus, amenorrhea, herpes zoster behind r. ear, epithelial cancer.

BICHROMICUM = sluggishness dominates, anthropophobia, averse to mental exertion, tough stringy jelly like mucous, gastric symptoms alternating with rheumatics, pain in small spots, wandering pains, sensation as if hair on tongue, oedema of eyelids (compare Kali carb.).

BROMATUM = persecution complex, nervous, delusion committed a crime, fear of being poisoned, fear of being alone, no memory, hands constantly fidgeting, eyeballs constantly moving around, anorexia and bulimia, rice water stools, increased sexual appetite, epilepsy from ovarian irritation, ovarian tumours, moist eruptions, menstrual disorders.

CARBONICUM = irritable, full of fears, sadness, sensation as if something loose in head, sharp cutting pains, oedema around eyes, debilitating states especially after labour, sweaty, excessively acute hearing, bulimia < warm milk and food, sensation as if a lump in stomach, sensation as if a plug in larynx, constipation during menses, females have no sexual appetite, back aches as if broken, during asthma or cough has to sit up with arms on knees.

CHLORICUM = destroys kidneys, lively alternating with ill humour, great apathy, sensation as if flares and sparks before eyes, paroxysms of ravenous hunger alternating with no appetite, delusion he must starve, refuses to eat, inability to empty bladder, violent beating heart, constant cold feet.

CHLOROSUM = bleach, great sensitivity around larynx, watery eyes, pale puffy face.

CITRICUM = flow of mucous from anus, dreadful gastric and abdominal pains (compare nitric acid), constant flatus.

CYANATUM = gentleness alternating with uncontrollable crossness when entering a room, irritable with absent people (LYC), feels good in cold air, cannot tolerate head being covered (causes a headache), cancer of tongue, astringent taste in mouth, loud mucous rattle in chest, limbs rigid and convulsed, tetanic spasms, body moist and cold.

FERROCYANATUM = animal substances fused with carbonate of potash, uterine sphere (compare Sepia), heart sphere (compare Kali. carb), sad, tearful, thinks he will die, neuralgias following the sun, menstrual problems, bearing down sensations, leucorrhea like pus.

IODATUM = fearful, dreads the return of dawn, talkative and full of jokes, always troubled, earnest look on face, uncertain, feels intoxicated, tottering gait, eyes surrounded by dark rings and sunken, very sensitive hearing, sounds of running water or rain on roof, blisters on tongue, speech thick, swollen thyroid, averse to all food, emaciated, suppressed menses, atrophy of testicles, enuresis in children, sleepless all night, desires open air.

MURIATICUM = chemically related to Fibrin so plastic exudation predominates, delusion he must starve, every discharge is white, chronic catarrh of middle ear, sensation as if a tumour on tongue, gonorrhea and suppression of, suppressed menses, chief remedy in epilepsy especially after suppression of eczema.

NITRICUM = very severe pains = stitching and cutting < than Kali carb., diuretic - diabetes and enuresis, affects abdominal and pelvic organs, anxiety and agitation, very absent minded, intoxicated like confusion (compare Kali iod.), delusion made of wood, ravenous hunger at 10-11 am, cannot drink for want of breath, sensation as if something turning in stomach, cough wakes at 3 am

OXALICUM = violent convulsions, extreme depression, anxious looking, very sore eyes, cold sweat, acid taste in mouth, scalding sensation, great thirst, continuous vomiting, nails and finger are blue.

PERMAGANICUM = disinfectant so there are septic conditions, profuse lachrymation = smarting, profuse bleeding, constant inclination to swallow and hawk, appetite lost, sense of constriction, constant flow of ropy mucous from stomach, hot and burning in stomach.

PHOSPHORICUM = nervous dread and irritable, homesick, suspicious, sensation of paralysis, gangrenous states, hungry but sight of food takes appetite away, can only eat sweets and vinegar, thick yellow catarrhs, talks in sleep, blue ulcer like spots on skin, chills run up the spine.

PICRICUM = explosive nature of salt so there are violent eructations!!, jaundice and diarrhoea - liver Rx, urine browny red not from bile but from urate of ammonia.

SILICATA = great lassitude, emaciation, absent minded, indolent, bloody discharges, stiff body, creeping sensations, twitching muscles.

SULPHURATUM = violent gastric irritation, red face, feels stupid and unconscious, heat in mouth, constant inclination to vomit but can't – later vomits large pieces of stomach membrane, copious stools.

SULPHURICUM = sensation of heaviness, extreme desquamation, Schussler's Pulsatilla, great pain on moving head L-R, all discharges are yellow, catarrhal deafness, swollen eustachian tubes, smell and taste lost, gastric catarrh, suppressed menses, very vivid dreams.

TARTARICUM = vomits black green fluid, stools like coffee grounds, violent diarrhoea, great thirst, emaciated, extreme weakness can hardly walk.

TELLURICUM = garlic odour of breath, tongue swollen and white, increased appetite at first then quickly diminishes until lost, very sleepy.

The Kaliums are a bright and colourful group of remedies, either by their original substance, affinity to certain conditions such as haemorrhages, or by their discharges.

ACETICUM = red

ARSENICOSUM = blue

BICHROMICUM = blue

CARBONICUM = yellow

CHLORICUM = blue

CYANATUM = blue

FERROCYANATUM = red and yellow

IODATUM = green

MURIATICUM = white

OXALICUM = blue

PERMANGANICUM = red

PHOSPHORICUM = multi

PICRICUM = yellow

SILICATA = red

SULPHURATUM = yellow

SULPHURICUM = yellow

TARTARICUM = dark green

In summary I think that one of the most important applications of the Kaliums could be in Anorexia and Bulimia. Sabadilla has often been thought of as a prominent remedy in these cases but the Kaliums really should be considered also.

Thanks for reading.

Joy Lucas RSHom

## Kalium Arsenicosum - a case

Female; aged 24. Presenting complaint - eating disorders.

Her mother came to the consultation with her.

The moment this client walked into my room the first thing I noticed wasn't her thinness (as she had a thick coat on) but it was the look on her face. She had the look of fear; her eyes wide open in what I took at first to be; astonishment or anticipation. But this look stayed with her the entire time, and as I observed her more I came to realise that it was really her eyes which were slightly protruding - this is what gave her the look.

Underneath her thick coat she wore a thick jumper but her emaciation was still obvious.

Her mother starts to talk about her daughter straight away, without giving her the chance to speak for herself. But after a few moments the daughter starts yelling at her mother to shut up and go away.

Now normally I am not keen to have a partner, relative or friend accompany the client for any great length of time, but having said that, if they arrive without telling you it is always good to hear and see what happens as it can be most revealing - as in this case.

Mum says - "You see, it is like this all the time. All I want her to do is eat properly, I love her and I don't want her to die, but she shouts at me all the time." Having now proved her point Mum doesn't say another word for quite a while.

I ask my client what she would like to talk about as a way in to her problems. But she just sits there looking extremely nervous. Finally, "I don't want to be here, I want to go

home." This is said in a quite tantrum like way, in a voice and tone which sound much younger than her 24 years.

I decided to sit it out and wait and took the opportunity to observe her:

- Skin bad - lots of spots around the mouth and lips (like a crop of cold sores)
- She had a habit of touching her head, same spot, all the time and also pulling her knees up together and wrapping her arms around them.
- I realise her eyes are protruding slightly because she is looking around the room.
- The eyes are also quite red as though she has been crying.

I ask her if she would like me to put the television on, or would she like a book to read. She asks me to close the curtains. Why? She just shrugs her shoulders. I close the curtains, at which point she asks me to turn the fire on as she is cold (the room is actually already heated and very warm) and then asks for some water, she insists on mineral water. Fortunately I bring the whole bottle to her because she drinks nearly 3 glasses very quickly. Then she asks to go to the bathroom. I tell her I will chat to her mum 'til she comes back. She doesn't reply.

Mum starts to tell me the story:-"It (her eating habits) started after her father and I split up and my new partner comes to live with us (11 months ago). I think she was jealous, now when I look back. She just stopped eating but I didn't really have time for her, I was involved with my own problems and trying to build a life. I thought she would be leaving

home anyway. Now she won't let me near her and she just shouts at me all the time. It is like I am the child not her."

"She drinks water all the time, but she will be throwing up in your bathroom now, I am so sorry about that. She gets a lot of diarrhoea. I know because it happens in her bedroom. She is so thin and weak, I thought she had cancer but she wouldn't go to the doctor."

- No blood in the stools.

I ask about the eruptions on the face. "This is recent. 2 weeks ago she wouldn't get out of bed, said she had pains all over her body and couldn't move properly. She was so weak. She stayed in bed for 3 days then this skin things starts. I thought it was measles or chicken pox. She never had either as a child. But it is only round her face and some on her neck now. I know she eats, I hear her getting up in the night but she throws up all the time."

Her daughter then shouts from the bathroom - "I know you are talking about me, stop it. I can hear you, I'm listening to you."

We sit in silence for another 5/10 minutes. At this point I am reasonably sure that I will not get anymore information. On the form that I give my clients to fill in, the mother had written that there was a family history of cancer and diabetes.

When the daughter comes back in to the room I ask if she is alright - she actually smiles but doesn't sit down again, or

say anything. I invite her to talk to me for a while but she puts her coat on, still nervously touching her head and face. She sees some flowers in a vase and goes over to smell them. Next to the vase is a little bowl of lavender flowers - (people love to crush and smell them - this didn't become significant until much later) - she took a small pinch of this lavender and put it in her pocket, smiles at me again. She obviously now wants to leave. I ask her if she will come and see me again. "I might and then I might not."

What an extraordinary case. There was so much I hadn't been able to ask - especially her menstrual and sleep patterns. But somewhere in me I am confident that this girl had told me all I need to know. I had only a short while until the next client so I immediately wrote down the absolute basics of this case so I didn't lose the feel of it.

- Anxious expression
- Quarrelsome - always telling her mum off
- Suspicious - listening to us from the bathroom
- Jealous - of mum's new partner
- Thirsty
- Taciturn - indisposed to talk
- Herpetic like eruptions on face
- Photophobia
- Won't eat
- Involuntary diarrhoea
- Vomiting after eating and drinking
- Protruding eyes
- Smells flowers and takes Lavender (I don't know why I thought this was significant - the remedy Lavender had

occurred to me but I didn't know much about that remedy except that it is very cold).

I was also thinking about Phosphorous and Kalium Carb, since they have an affinity with colours. Other remedies which came to mind were Nat. Mur, Sepia, Hyos. I had begun to think about the Kaliums because they nearly all have some kind of eating disorder, but I needed to work on the case. I was equally concerned about how I would get her to take any remedy at all.

I used the Synthetic and Kent Repertories for the above rubrics and began my search specifically with the Kaliums in mind. I didn't have to search for very long. Kalium ars. came up straight away. The extraordinary thing for me was that this remedy is also known as "Fowler's Solution" - a concoction used to restore and revitalise ageing skin, amongst other things. Its tendency to bring on anorexia could have been an adjunct benefit in contributing to the gaunt waif-like look of women using this substance to make them look beautiful in the fashionable sense. Fowlers solution was made up of, according to Clarke, arsenious acid, carbonate of potash, and compound tincture of LAVENDER, and distilled water. The wonders of our remedies never fail to amaze me.

I phoned the mother to enquire about whether her daughter would actually take the remedy in tablet form and we decided to give it in water as she was so thirsty, but on no account was it to be done without her daughter knowing. I sent her 30c to be dissolved in water of her daughter's

choosing and to be sipped as often as she liked, and to stop if and when there was any reaction.

5 days later the daughter appeared at my house, unannounced, with some flowers for me! She apologised for her behaviour but wouldn't stop to talk. 2 weeks later she phones to ask me if she can stop taking the water as she doesn't feel thirsty anymore and it is making her feel full. I ask her about eating and she says that she has one small meal a day, has put on 5lbs, and then she tells me she had her hair coloured. She stops the remedy and promises to phone again. This is the longest conversation I had had with her.

I didn't hear from her for 2 months so I phoned her mother who said that her daughter had moved out and was sharing a flat with a friend. She had continued to put on weight steadily, their relationship was now so much better especially when the mother's partner wasn't around - so there was still some jealousy - but overall things looked very good. She said she would get her daughter to phone me, but I didn't get any more calls from her, but I have seen her around, barely recognisable.

This was several years ago but it formed part of my ongoing interest in this family of remedies.

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